



It's All About Diabetes



Living with diabetes can be a challenge. But maintaining close-to-normal levels of blood sugar has been shown to reduce the risk of diabetes-related problems. That's why monitoring your blood sugar levels with a blood glucose meter is important for managing diabetes.

Choosing a Blood Glucose Meter

When choosing a meter, it often comes down to the features you're looking for. Here are a few things to consider when making your choice:

- How does the meter score for accuracy? Does it come with a control solution or test strip to check for accuracy?
- Does the meter fit in your backpack, supplies kit or purse?
- How skillful are you at handling those test strips? You might want to try a meter that uses cartridges instead of individual strips.
- How much blood does the meter require? Less is better.
- Do you want to download results to a computer or email them to your doctor's office?
- Interested in alternative site testing? There are meters that can test samples from various places on the body.

Checking Your Blood Glucose

Regular blood glucose checks and consistent record-keeping give you a good picture of where you are in your diabetes care.

Checks tell you how often your blood glucose levels are in your target range. Your target range is a personalized blood glucose range that you set with your doctor. Once you know how often and when to check, stick to the schedule and check at those times each day.

Keep a daily log recording your levels. Then take your log with you when you visit your doctor or other members of your diabetes care team. The information in your log will let them know how you are doing.

For more information about diabetes, go to [bcbsok.com](https://www.bcbsok.com), log in to Blue Access for MembersSM and click on 'Wellness', click on 'Articles' and then select 'Diabetes' from the options. Blue Cross and Blue Shield of Oklahoma offers certain blood glucose meters to members with diabetes at no additional charge.

Glucose Meters Are Available to You

BCBSOK is offering you a choice of the blood glucose meters below at no additional charge for a limited time to help you manage your condition. This offer is available through December 31, 2024.*

If you have BCBSOK prescription drug coverage, CONTOUR®NEXT or OneTouch® Verio test strips for the meters below are listed as preferred brands on your drug list. Coverage and payment levels for non-preferred brand test strips may vary, depending on your pharmacy benefit plan.

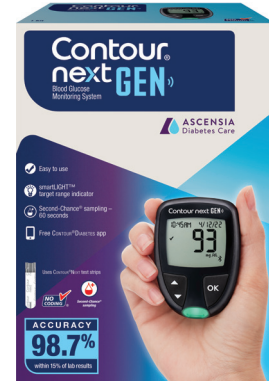
Please review these options and ask your doctor which meter best fits your needs. You can use the coupon below to visit an in-network pharmacy and pick up your meter. Check myprime.com for a list of pharmacies if you have BCBSOK prescription drug coverage.

CONTOUR®NEXT Blood Glucose Monitoring Systems

To order a CONTOUR NEXT meter to be shipped directly to you, call **800-401-8440** and use the ID code **BDC-HCS**.

- CONTOUR NEXT GEN Blood Glucose Monitoring System
- CONTOUR NEXT EZ Blood Glucose Monitoring System

Visit contournext.com for more detailed descriptions on these meters.



LifeScan OneTouch® Blood Glucose Meters

Use the coupon below to pick up your meter at an in-network pharmacy. For any questions regarding the OneTouch® glucose meters, call **1-800-277-8862**.

- OneTouch Verio Reflect®
- Verio Flex® Meter

Visit onetouch.com for more detailed descriptions on these meters.



Visit your local pharmacy to get your free meter today!

FREE CONTOUR®NEXT meter

RxBin #: 018844
PCN #: 3F
Group #: MGDCARE
ID #: CNMC7246982
Exp. Date: 12/31/2024

Transmit the claim on-line to RxSolutions. Processor requires Valid Prescriber ID#, Patient Name, and DOB to adjudicate claim. Please remove the ID# from the patient profile after claim is processed. For assistance in filing this claim, please call the Help Desk at 1-855-282-4888. Ascensia Diabetes Care reserves the right to change or terminate this program at any time without notice.

FREE OneTouch® meter

RxBin #: 601341
PCN #: OHS
Group #: OH6504201
ID #: NOCHARGEMETR
Exp. Date: 12/31/2024

Submit this claim to Opus Health™ for reimbursement plus a dispensing fee. Offer valid for one meter per patient every 36 months. This offer from LifeScan, Inc. can only be redeemed where OneTouch® products are sold and prescriptions can be processed. Questions? Call 1-800-364-4767.

*Offer valid for qualified patients with diabetes and subject to availability. Requires a valid prescription. Offer good while supplies last. Void where prohibited by law. Limit one meter per person. Products provided as a free sample may not be resold or submitted to any federal/state insurance or 3rd Party payer for reimbursement.

RESTRICTIONS: Offer not valid for prescriptions reimbursed under state or federal government funded program (including but not limited to Medicare, Medicare Advantage, Medicaid, Medigap, VA, DOD, or Tricare). If patient is eligible for drug benefits under such program, offer not valid.

Disclaimer: This information is not intended to be a substitute for professional medical advice. If you are under the care of a doctor and receive advice different from the information contained in this flier, follow the doctor's advice. See your doctor if you are experiencing any diabetes symptoms or health problems.

Third-Party brand names are the property of their respective owners. MyPrime.com is an online resource offered by Prime Therapeutics LLC, a pharmacy benefit manager contracted by Blue Cross and Blue Shield of Oklahoma to administer prescription drug benefits.